



401 YMCA Road • Lexington, SC 29073 • 803-359-3376 • [www.columbiaymca.org](http://www.columbiaymca.org)  
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Lexington Family YMCA

## March 2010 Group Exercise Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> SS— Cardio Circuit 9:30 am Homeschool PE — 1:00 pm Pilates — 6:00 pm Zumba — 7:00 pm	<b>2</b> SS — MS/ROM 9:30 am SS—Yoga Stretch 10:15 am Cardio Mix — 5:45 pm	<b>3</b> Tai Chi — 6:00 am Homeschool PE — 1:00 pm Yoga — 6:00 pm	<b>4</b> SS — MS/ROM 9:30 am SS—Yoga Stretch 10:15 am Cardio Mix — 5:45 pm Zumba — 7:00 pm	<b>5</b> SS— Cardio Circuit 9:30 am	<b>6</b> Tai Chi — 9:30 am Boot Camp — 10:00 am
7	<b>8</b> SS— Cardio Circuit 9:30 am Homeschool PE — 1:00 pm Pilates — 6:00 pm Zumba — 7:00 pm	<b>9</b> SS — MS/ROM 9:30 am SS—Yoga Stretch 10:15 am Cardio Mix — 5:45 pm	<b>10</b> Tai Chi — 6:00 am Homeschool PE — 1:00 pm Yoga — 6:00 pm	<b>11</b> SS — MS/ROM 9:30 am SS—Yoga Stretch 10:15 am Cardio Mix — 5:45 pm Zumba — 7:00 pm	<b>12</b> SS— Cardio Circuit 9:30 am	<b>13</b> Tai Chi — 9:30 am Boot Camp — 10:00 am
14	<b>15</b> SS— Cardio Circuit 9:30 am Homeschool PE — 1:00 pm Pilates — 6:00 pm Zumba — 7:00 pm	<b>16</b> SS — MS/ROM 9:30 am SS—Yoga Stretch 10:15 am Cardio Mix — 5:45 pm	<b>17</b> Tai Chi — 6:00 am Homeschool PE — 1:00 pm Yoga — 6:00 pm	<b>18</b> SS — MS/ROM 9:30 am SS—Yoga Stretch 10:15 am Cardio Mix — 5:45 pm Zumba — 7:00 pm	<b>19</b> SS— Cardio Circuit 9:30 am	<b>20</b> Tai Chi — 9:30 am Boot Camp — 10:00 am
21	<b>22</b> SS— Cardio Circuit 9:30 am Homeschool PE — 1:00 pm Pilates — 6:00 pm Zumba — 7:00 pm	<b>23</b> SS — MS/ROM 9:30 am SS—Yoga Stretch 10:15 am Cardio Mix — 5:45 pm	<b>24</b> Tai Chi — 6:00 am Homeschool PE — 1:00 pm Yoga — 6:00 pm	<b>25</b> SS — MS/ROM 9:30 am SS—Yoga Stretch 10:15 am Cardio Mix — 5:45 pm Zumba — 7:00 pm	<b>26</b> SS— Cardio Circuit 9:30 am	<b>27</b> Tai Chi — 9:30 am Boot Camp — 10:00 am
28	<b>29</b> SS— Cardio Circuit 9:30 am Homeschool PE — 1:00 pm Pilates — 6:00 pm Zumba — 7:00 pm	<b>30</b> SS — MS/ROM 9:30 am SS—Yoga Stretch 10:15 am Cardio Mix — 5:45 pm	<b>31</b> Tai Chi — 6:00 am Homeschool PE — 1:00 pm Yoga — 6:00 pm	<b>Coming soon:</b> <b>*Additional Yoga Classes for March!!</b> <b>*Body Sculpt with Lisa in April!!</b>		

Mission: To put Christian principles into practice through programs that build a healthy Spirit, Mind and Body for ALL.

We strive to turn no one away due to the inability to pay.